



FEBRUARY 2018

Adams Council on Aging

# The Informer

3 Hoosac Street • (413) 743-8333 • Monday-Friday 8:30 a.m.— 4 p.m.

## SHORT 'n SWEET

Mobile Food Bank..... Pg #2  
Movie..... Pg #2  
Staff ..... Pg #2  
BINGO ..... Pg #3  
Nutrition Program ..... Pg #3  
Calendar of Events..... Pg #4

**This month we  
remember  
Eileen Lefebvre**

**Please Note:  
The Senior Club  
and Friends  
Group will NOT  
meet again until  
March.**



## Blood Pressure Clinic has returned!

Adams Board Members and RNs,  
Bruce Shepley and Debbie  
Wineberg have offered to run the  
blood pressure clinic.

Join us monthly for a free clinic!  
Every 4th Wednesday  
10:30AM — 11:30AM

This month it is:  
Wednesday, February 28th



[www.agefriendlyberkshires.com](http://www.agefriendlyberkshires.com)

## A Better Way to Age-in-Place? Exploring the VILLAGE Model

**A Community Conversation for residents of  
Adams, Cheshire, Clarksburg, Florida, North Adams  
and Savoy**

Come learn about the nationally-recognized VILLAGE model -- a grassroots, member-driven movement, that's available to help support us as we age.

Help explore whether a local VILLAGE can provide the extra support and services older adults need, if they wish to remain living safely and successfully in their own homes or communities, in northern Berkshire County.

All are welcome to attend a short presentation, with Q&A to follow.  
Please bring your friends! RSVP appreciated.

**Monday February 12, 2018**

**2:00 - 4:00 p.m.**

**Adams Council on Aging / Visitors Center  
3 Hoosac Street  
Adams, MA  
413-743-8333**

Community Conversations funded by a grant from MA Department of Housing & Community Development with assistance from Partners: Age Friendly Berkshires, Berkshires Tomorrow, Inc., Berkshire Regional Planning Commission, City of North Adams, Town of Adams, Florida Council on Aging, Friends of Florida Senior Center, Cheshire Council on Aging, Northern Berkshire Community Coalition and Berkshire Community Action Council

## Mobile Food Bank Distribution



Continues to grow, rain or shine through the year! Just a few points to remember:

- NO age requirements & NO income guidelines– open to ALL!
- Sign in begins 1/2 hr **before** distribution
- One portion of each item will be available per household
- **Please bring bags or cart to carry your food**
- **No proof of eligibility required**
- Please park in the old Waverly Parking lot on the grass, volunteers will be there to direct you
- This is being provided in partnership with the Adams COA.

**2<sup>nd</sup> and 4<sup>th</sup> Tuesday of EVERY MONTH**  
**11am – 12pm**  
**February 13th & 27th**

*Questions? Contact the Food Bank at 413-247-9738 or the Adams COA 413-743-8333. This program is generously funded by Our Family Foundation by Stop & Shop and managed by The Food Bank of Western MA and Community Health Programs.*



### COA Board Members

Pam St. John, Chairperson  
Aleta Moncecchi, Vice Chair  
Bob Joppich  
Melissa Schaffrick  
Esther Turner  
Bruce Shepley, R.N.  
Debbie Wineberg, R.N.  
Officer Greg Onorato  
Mary Whitman  
Next Meeting 2/26/18 @2pm

### COA Director

Erica Girgenti

### Outreach Worker

Barbara Proper

### Administrative Assistant

Vacant

### Van Drivers

Eric LaRoche, John Naughton,  
Cynthia Fletcher,  
Chuck Gebaur & Joe Sloane

### COA Reception

Louise Charron & Flora Peters

### Nutrition Site Director

Dee Dee O'Bryan

### Nutrition Site Reservationist

VACANT

### Computer Instructor

VACANT

### SHINE Counselor (Medicare)

Karen DeOrdio

### THE INFORMER Editor

Marsha Mikuszewski

Editing Skills?

We'd love you to volunteer!



## MOVIE OF THE MONTH

Thursday, February 8 12:30PM

### Battle of the Sexes

PG-13 2017 Drama/Comedy-drama 2h

The 1973 tennis match between Billie Jean King and Bobby Riggs became the most watched televised sports event of all time. Trapped in the media glare, King and Riggs were on opposites sides

of a binary argument, but off-court each was fighting more personal and complex battles. With her husband urging her to fight for equal pay, the private King was also struggling to come to terms with her own sexuality, while Riggs gambled his legacy and reputation in a bid to relive the glories of his past.

## Buckets of Sand

Avoid falls this Winter with a FREE bucket of sand provided to homebound seniors by the Adams COA and Greylock Reality. Whether you need a new bucket or need one refilled, we can help you!

Please call (413) 743-8333 for more information.

Staff determines homebound eligibility

**ESBC's 60+ Nutrition Lunch Program**  
**A \$2.00 Donation per meal**

Monday – Friday      Serving Time: 11:30 AM  
 Adams Council on Aging/Visitor Center  
 3 Hoosac Street

**To order a meal, call Reservationist 48 hours  
 in advance at 743-8333.**

**\*Transportation Available\***

*For a full listing visit the back page of ESBC's  
 Berkshire Senior Newspaper*

- 2/1 Roast Pork w/gravy
- 2/2 Veal w/Onions & Peppers
- 2/5 Sage Stuffed Chix w/gravy
- 2/6 Cheeseburger
- 2/7 Tuna Salad, Beef barley soup & Birthday Cake
- 2/8 Chicken Piccata
- 2/9 Meatloaf /gravy
- 2/12 Beef Burgundy
- 2/13 Chicken Chili

*Mobile Food Bank*

- 2/14 Salmon w/Newburg Sauce

*Linen Lunch*

- 2/15 Oriental Chicken Casserole
- 2/16 Lunch w/Sweet Brook

*Mardi Gras Celebration w/King's Cake*

- 2/19—Closed for President's Day
- 2/20 Beef Stew
- 2/21 Roast Turkey w/gravy
- 2/22 Salisbury Steak
- 2/23 Haddock Cacciatore
- 2/26 BBQ Port Road
- 2/27 Chicken Meatballs w/Sauce

*Mobile Food Bank*

- 2/28 Chorizo Wrap w/cheese sauce



Do you have a hard time hearing on your home phone? If so, call Erica and inquire about getting a **FREE phone**, designed for hearing loss. Some even show what the person is saying to you on a screen! Demos are in the office if you'd like to see the phone in action. VERY user friendly!

**MARDI GRAS PARTY!**

Join us on February 16th at 11:30  
 Catered lunch provided by Sweetbrook  
 King Cake, beads, masks and fun!  
 RSVP required to 743-8333

*Celebrate* **MARDI GRAS** 



Did you know your staff at Adams Council on Aging can assist you with your SNAP applications and see if you'd qualify for SNAP benefits?

Call us at 743-8333 and ask to speak with Erica or Barb!

No charge and a great chance to win a prize or gift card to local community spots.



Sponsored by Bane  
**Wednesday, February 21st**  
**@ 12:30 pm**

**Coming in March**

**ESSENTIAL OILS w/Blue Skye Wellness**

Essential Oils 101 was a great success and we had great feedback from many that attended. If you are interested in learning more about the use of essential oils: **Body Butters and Balms**, then join us for a presentation from Clinical Aroma therapist Kay Judge of Blue Skye Wellness. Monday March 12 6-8 p.m—Cost will be \$25 or \$20 for "Friends member"

**Call 743-8333 to reserve your spot!**





Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b>  9:00 Chair Yoga (donation) 11:30 Lunch 7:00 pm Quilt, Crochet, Knit	<b>2</b>  11:30 Lunch  GROUNDHOG DAY
<b>5</b> 9:00 - 12:00 SHINE 11:30 Lunch	<b>6</b> 9:00 Chair Yoga (donation) 9:15 Tai Chi - East St Center 10:30 Ed St. John <b>Presents on Elder Abuse</b> 11:30 Lunch 12:00 Big Y Shopping 1:00 Quilt, Crochet, Knit 6:00 Alzheimer's Support Grp	<b>7</b> 9:00 - 12:00 SHINE 10:00 Transp to Wal-Mart 11:30 Lunch	<b>8</b> 9:00 Chair Yoga (donation) 11:30 Lunch 12:30 MOVIE 7:00 pm Quilt, Crochet, Knit 	<b>9</b> 9:00 - 12:00 SHINE 11:30 Lunch
<b>12</b> 9:00 - 12:00 SHINE 11:30 Lunch  2:00 Villages Model Presented by Age Friendly Berkshires	<b>13</b> 9:00 Chair Yoga (donation) 9:15 Tai Chi - East St Center 11:00 Mobile Food Bank 11:30 Lunch 12:00 Big Y Shopping 1:00 Quilt, Crochet, Knit	<b>14</b> 9:00 - 12:00 SHINE Counsel 10:00 Transp to Wal-Mart 11:30 Linen Lunch 	<b>15</b> 9:00 Chair Yoga (donation) 11:30 Lunch 7:00 pm Quilt, Crochet, Knit	<b>16</b> 9:00 - 12:00 SHINE 11:30 Lunch provided by Sweet Brook of Williamstown <b>Mardi Gras Celebration w/Kings Cake</b>
<b>19</b>  CLOSED	<b>20</b> 9:00 Chair Yoga (donation) 9:15 Tai Chi - East St Center 11:30 Lunch 12:00 Big Y Shopping 1:00 Quilt, Crochet, Knit Foot Clinic by Appointment Call 743-8333 to Book	<b>21</b> 9:00 - 12:00 SHINE 10:00 Transp to Wal-Mart 11:30 Lunch 12:30 Bingo sponsored by Bane Care 	<b>22</b> 9:00 Chair Yoga (donation) 11:30 Lunch 7:00 pm Quilt, Crochet, Knit	<b>23</b> 9:00 - 12:00 SHINE 11:30 Lunch 1:00 Brown Bag
<b>26</b> 9:00 - 12:00 SHINE 11:30 Lunch	<b>27</b> 9:00 Chair Yoga (donation) 9:15 Tai Chi - East St Center 11:00 Mobile Food Bank 11:30 Lunch 12:00 Big Y Shopping 1:00 Quilt, Crochet, Knit	<b>28</b> 9:00 - 12:00 SHINE 10:00 Transp to Wal-Mart 10:30 Blood Pressure Clinic 11:30 Lunch	<b>We provide transportation to Big Y every Tuesday!</b>	Open Computer Lab  Free Wi-Fi Mon-Fri 9-3



Attorney Ed St. John III of St. John Law presents  
**“Abuse, Neglect and Financial  
 Exploitation of the Vulnerable”**

**Tuesday February, 6th at 10:30am**

At the Adams Council on Aging

3 Hoosac Street

Come and learn about how you can protect yourself and others.

This is a free event, sponsored by St. John Law Office  
 and open to

**Tax Season is HERE!**

As a reminder the Adams COA has a team of  
 certified Tax preparers to prepare and  
 electronically file your  
 taxes for FREE!!

We're BOOKING  
 APPOINTMENTS!  
 Call today! 743-8333



**Join the Aging Mastery Program!**

The Aging Mastery Program encourages participants  
 to make small changes to improve their health and  
 live better lives. A different speaker each week will  
 provide information and tips so participants can get  
 started mastering the Art of Aging!

The Harper Center is recruiting 15 adults (ages 55+)  
 to participate in this **FREE**, fun, and educational 10-  
 week program. A delicious healthy snack will be  
 served weekly.

**\*\*\*Each graduate will receive a \$10 gift card\*\*\***

**When: Thursdays, March 15-May 17**

**Time: 1-2:30pm**

**Where: The Harper Center, Williamstown**

For more information or to sign up: 458-8250

Ask to arrange transportation if needed

**\*\*\*Each graduate will receive a \$10 gift card\*\*\***

**When: Thursdays, March 15-May 17**

**Time: 1-2:30pm**

**Circuit Breaker**

**Senior Citizen Property Tax Relief**

The Circuit Breaker is designed to give income eligi-  
 ble senior citizens a credit of up to \$1,080 on their  
 property taxes.

You may qualify if You:

- Are age 65 or older by December 31, 2017
- Own or rent in Massachusetts as principal
- Residence

Your total income does not exceed:

- Single filer: \$57,000
- Married filing jointly: \$86,000
- Head of household: \$72,000

Who is Ineligible?

- Those who receive federal or state rent subsidy
- Those who are a dependent of another tax payer
- Those whose property is assessed at a value of  
 more than \$747,000

How Much is the Credit?

As of January 1, 2017—capped at \$1,080

This tax credit is applied to what is owed for income  
 tax. If the credit is more than what is owed, a refund  
 (interest free) will be issued.

**Ask your Tax Preparer if you qualify!**

# *A look ahead!*

2018 YEAR'S REVIEW

**Event's and Dates are subject to change. Always refer to the month's newsletter for events:**

**February 6th** - 10:30 am Attorney Ed St. John III of St. John's Law presents "Abuse, Neglect and Financial Exploitation of Seniors"

**February 12th** - 2pm "A Better Way to Age-in-Place? Exploring the VILLAGE Model A Community Conversation" presented by Peg McDonough of Age Friendly Berkshires

**February 14th** - Valentines Day, Linen Lunch, music BINGO

**February 16th** - Mardi Gras Party at lunch

**March 15** - St. Patty's Day Party

**March 20th** -Spring Fling—Cook Out—Linen Lunch Music

**April**— Volunteer Recognition

**May** Music for Mother's Day, manicures and more!

**June 15th** - Father's Day celebration— Wear a Tie Competition! Win a prize!

**June 21st** - Ice Cream Social! To celebrate the 1st day of summer!

**August** Lions Club Luncheon

**September 6th** - Living Well Expo

**September 10th** - Ice Cream Social to honor Grandparent's Day!

**October 31st** - Halloween Party—Costume Competition

**December** - Holiday Gathering Party!



Events and dates are subject to change, this review excludes routine events like bingo, mobile food bank,

## **Bus Trips w/Bennington COA:**

Boston Flower Show—March 15th—\$66/pp

Proctor's "The King & I—May 3rd—\$62.00

Trip to Lancaster PA—May 10-12, 2018

\$414 pp—dble or \$546 pp-Single

Call Eleanor @ 802-442-1052 or 802-379-7216 for details and pick-up locations

**Watch for the "Friends of Adams COA" list of Bus Trips coming in March**

